

# Jeremy's English Tips

Episode #16:

How to Choose Good Repetitive Listening Material



**Culips English Podcast**

# Transcript

## Jeremy

Hello everyone, this is Jeremy and you're listening to Jeremy's English Tips. A series by the Culips English Podcast where I teach you interesting expressions or share language learning tips.

Hey there, Culips listeners! In this episode of Jeremy's English Tips, I would like to talk about repetitive listening. More specifically, how to choose good repetitive listening material. In a previous episode of Jeremy's English tips, I talked about repetitive listening. So if you haven't listened to that one yet, you might want to check it out first, before listening to this one.

For those who don't know what repetitive listening is, it is a form of studying in which you listen to the same audio file over and over again for a period of time. So when I say the same audio file, that means something like a podcast, like this one, or a YouTube video. A lot of people ask me about movies and television and I usually don't recommend movies or TV shows because they are quite long. Usually they are 30 minutes, one hour or even two hours. So they are not very easy to listen repetitively. So for example, if you choose an audio clip that is three minutes long, and you listen to it for 30 minutes, you can do 10 repetitions in 30 minutes, but if you are using a TV show that is 30 minutes long, then you only get one repetition. So I always recommend choosing a clip that is the right length for your level. For complete beginners, I usually recommend a clip that is around 30 seconds long. But for more advanced learners, I recommend clips that are 15 minutes or more. Depending on your level in English right now, you can choose an audio file that is right for you. If you can understand most of the content in these podcasts, you are probably at an intermediate level or higher. And in that case, I would recommend a clip that is between five and 10 minutes.

Also I recommend choosing content that has good sound quality. This podcast has very good sound quality, because we use high quality microphones. Also, there is no background noise, like cars going by or wind blowing. These kind of things can really distract you from the content that you are listening to. And in my experience, I found that too much background noise would actually hurt my ears over time. So when you choose

repetitive listening content, I recommend choosing something that has no background noise, and high quality audio.

I also recommend that you choose content with a voice that you enjoy listening to, and that you want to emulate. Emulate is maybe a difficult word for some, so let me define it. Emulate means to match or surpass a person, usually by imitation. So, when you're listening to this voice repetitively on your audio file, you should choose a voice that you want to sound like. Meaning someday, that voice will become your English voice. Your intonation, your pronunciation, eventually may sound like that speaker. Personally, in my Korean study, I chose a public speaker who is quite famous in Korea, and on YouTube. And I listened to only his content for months at a time. As a result, when I was speaking Korean, I noticed that I started to talk like him. My intonation, my sense of humor, even some of my expressions started to emulate his. This is the same reason that most children end up talking like their parents. Have you ever noticed that you sound like your mother or father? Maybe you say some of the same jokes, or use the same expressions? This is because you listened to your parents voices repetitively for a long period of time. So, you can do the same in your English study as well.

And finally, I recommend that you choose content that you can get on your phone in an mp3 format, so that you can loop it easily. When we say to loop it, or to loop an audio file, it means that you turn on the feature on your smartphone that makes that audio repeat automatically. This feature is very, very, very important for repetitive listening study, because it automatically replays the file for you. If you have to rewind and restart it yourself every time, you may get a little annoyed from time to time and end up not listening as much. And if you'd like to use Culips as your repetitive listening material, then you can get the mp3 download for these episodes if you become a member. You can find out how to become a member at [Culips.com](https://Culips.com).

So, that's it for this episode. I hope that you got something out of this one. I hope you found some helpful information. And most of all, I hope that you feel ready to make a solid repetitive listening habit. I believe that your English will improve dramatically if you do make that happen. Take care of yourselves, everyone. I'll catch you in the next one. Bye.

## Andrew

Hey everyone, it's Andrew here. I just wanted to jump in quickly to let you know about the Fluency Files series, that is a new series by Culips. And it is perfect for repetitive listening. Actually, we make this series, especially for people who want to study using this technique. And as Jeremy mentioned, it's one of the best ways you can improve your listening fluency. The fluency files are short audio clips, there's no music, there's no background noise. They're high quality recordings. And they're also rather short. They're about five minutes maximum each and they're perfect for looping. The content is about my daily life. It's kind of my audio diary. So, I tell you about interesting stories from my life or what's going on. You can get access to the Fluency Files by becoming a Culips Member. And to sign up, you just have to visit [Culips.com](https://culips.com). If you're already a Culips Member and you haven't checked out the Fluency Files yet, make sure you do so. You can access them by logging on to your [Culips.com](https://culips.com) account and clicking the Fluency File link. I think we're already on episode 40 of the Fluency Files. So there's lots of awesome content for you to study with there. And of course, each episode also comes with a study guide and a transcript as well. So it's a great resource that we highly recommend you check out. All right, talk to you later. Bye!

## Key Points

- Repetitive listening is a form of study in which you listen to the same audio file over and over again for a period of time
- Choose content that is the right length for your level
- Choose content that has good sound quality
- Choose content with a voice that you enjoy listening to and want to emulate
- Choose content that you can get on your phone in MP3 format so that you can loop it easily

# Writing and Discussion Questions

1. What factors are most important when choosing repetitive listening material?
2. What kinds of content do you like to listen to in your native language?
3. Have you ever tried repetitive listening before? Why or why not?
4. Why is repetitive listening so effective?
5. Why are Culips episodes great for repetitive listening?

## Study Challenges

1. Choose one audio file and listen to it for at least two weeks, as much as you can.
2. Share what you learned from the audio file after you have listened to it for two weeks by emailing us at [contact@culips.com](mailto:contact@culips.com).

## Credits

Music: Miei by Broke for Free, Feel Good (Instrumental) by Broke for free

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